

Friendship Heights Village Center



Calendar of Events 2005

| MARCH | | | | | | |
|---|--|---|--|--|--|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Medicare Questions Answered A volunteer counselor from SHIP (Senior Health Insurance Assistance Program) will be at the Village Center Wednesday, March 9 and March 23, from 1 to 3 p.m. For individual counseling and help with Medicare, Medigap, prescription drug expenses, long-term care insurance, etc. call SHIP at 301-590-2819 to make an appointment. Walk-ins are welcome, on a time-available basis. SHIP comes to Friendship Heights the second and fourth Wednesday of the month. | | 1 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates | 2 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture 7:30 p.m.: Concert: Brothers Flanagan | 3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Playtime 6:30 p.m.: Scrabble 7:15 p.m.: Depart for Strathmore 7:15 p.m.: Movie: Ray | 4 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance | 5 8:15 a.m.: Walking Club 1 p.m.: Violin Recital |
| | 6 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 7 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 7:30 p.m.: Yoga | 8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates | 9 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture 7:30 p.m.: Concert: Greg Harrison Band 7 p.m.: Depart for Hexagon | 10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Playtime 6:30 p.m.: Scrabble 7:30: Book signing with Margit Meissner | 12 8:15 a.m.: Walking Club 9 a.m.: Depart for Maple Sugar Festival |
| | 13 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception | 14 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Red Hat Society 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING | 15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates | 16 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture 1:30 p.m.: Vision Transitions with Dr. Howard Weiss 7:30 p.m.: Concert: Jack Stanton | 17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. – 4 p.m.: Playtime 1 p.m.: Chinese Brush 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Café Muse  | 19 8:15 a.m.: Walking Club 10:30 am.: Celebrating Dr. Seuss |
| | 20 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 21 9:15 a.m.: Fit-4-Ever 10: a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Drop-In Yoga 7:30 p.m.: Book signing with Susan Coll | 22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates | 23 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Suburban Lecture: Sports and the Older Athlete 1 p.m.: Conversational Spanish 1 p.m.: Portraiture 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Barbara Papendorp | 25 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance | 26 8:15 a.m.: Walking Club |
| | 27 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 28 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting | 29 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 9:45 a.m.: Depart for Berthe Morisot trip 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates | 30 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: An Afternoon with Betty Friedan 7:30 p.m.: Concert: Susan Jones Trio | 31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11:30 a.m.: Bones for Life 11 a.m. – 4 p.m.: Playtime 1 p.m.: Chinese Brush 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:15 p.m.: Movie: The Incredibles | Please note that this month’s Village Council meeting will be held on Monday, March 14 . The agenda for the meeting will be sent to the manager of each building in the Village the week before the meeting with the request that it be posted. |

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH’S SPECIAL LUNCH AND CONCERT

This month’s special lunch, prepared by Dwight Robinson of Brighton Gardens, will be held on **Friday, March 18, at 12:15 p.m.** and will be an Irish feast. The menu will be corned beef and cabbage, red potatoes, green (of course!) salad and apple crisp for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve your seat by Wednesday, March 16.

After lunch, please stay to enjoy vocalist and pianist Frank Plumer in concert at **1 p.m.** He will perform your favorite Irish melodies in a St. Patrick’s Day program. Frank is a well-known musician in this area and has produced several compact discs, which will be available for sale.